

April 2008

Marlboro Senior Activities 1996 Recreation Way, Marlboro, NJ 07746 (732) 617-0100



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	AARP Defensive	AARP Defensive	Strength 9:00am	Yoga 9-10am
	Driving	Driving		
	9:00am	9:00am	Intermediate Cardio 10:15am	Inter. Canasta 10:00am
	Strongth 0.00am	Total Body 9-10am	Beg. Ballroom Dance	Short Stories 10:15am
	Strength 9:00am Intermediate Cardio	Do you Knit or Crochet? 10-11am	11:30am	"The Wall" by Jean
	10:15am	Cibenet. 10-11am	Int. Ballroom Dance 12:15pm	Paul Sartre
	Gentle Fitness 11:30am	Tai Chi 10:30am	12.10p.	
	Free Bingo	Blood Pressure 11:30am	NO Dabbling in the	
	1:30-3:00pm	Ping Pong 12-1pm	Arts	
7	8	9	10	11
Walking Club 8:00am	Carres alle Trackets	Total Body 9-10am	Strength Training	Yoga 9-10am
Walking Club 6.00am	Strength Training 9-10am	Breakfast Club 9:15am	9-10am	Inter. Canasta 10:00am
NO Beginning Canasta				
	Intermediate Cardio	Trip	Intermediate Cardio 10:15-11:15am	Remarkable People
Tai Chi 10:30am	10:15-11:15am	'The Glass Menagerie"		10:15am
	Gentle Fitness 11:30	<i>Menagerie</i> Two River Theater	Beginner Ballroom	Mark Twain
Beg. Cardio 11:45am		9:45-4:15pm	Dance 11:30-12:15 Intermediate Ballroom	Dinner Dance
Knitting 1-3pm		Do V.:4	Dance 12:15	 ☐ Concert
Kintting 1-5pm		Do you Knit or Crochet? 10-11am	D 1112	5:00-8:30pm
Computer Class Session		Tai Chi 10:30am	Dabbling in the Arts 1-3pm	
IV 4-5pm		Ding Dong 12 1nm	T opin	
14	15	Ping Pong 12-1pm 16	17	18
W II. CI I 0 00	C. J. T.		C. J. T.	T/ 0.10
Walking Club 8:00am	Strength Training 9-10am	Total Body 9-10am	Strength Training 9-10am	Yoga 9-10am
Beginning Canasta) Ivam	Tai Chi 10:30am) Ivam	Intermediate Canasta
10am-12pm	Intermediate Cardio		Intermediate Cardio	10am
Tai Chi 10:30am	10:15-11:15am	Do you Knit or Crochet? 10-11am	10:15-11:15am	
Beg. Cardio 11:45am	Gentle Fitness 11:30	Crochet: 10-11am	Beginner Ballroom	
T7 1/1/2 4 2	G (B)	Ping Pong 12-1pm	Dance 11:30-12:15 Intermediate Ballroom	
Knitting 1-3pm	Great Decisions 1-2pm	'Advance Medical	Dance 12:15	
Computer Class Session	p	Directives' Seminar		
IV 4-5pm		12-2 pm	Dabbling in the Arts 1-3pm	
21	22	23	24	25
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No Senior	No Senior	No Senior	No Senior	No Senior
Programs	Programs	Programs	Programs	Programs
28	29	30		
Walking Club 8:00am	Strength Training	Total Body 9-10am		
Beginning Canasta	9-10am	"Last of the Red Hot		
10am-12pm	Intermediate Cardio 10:15-11:15am	Lovers"		
Tai Chi 10:30am		see see see		
Beg. Cardio 11:45am	Gentle Fitness 11:30	Hunterdon Hill Trip 9:00-5:30pm		
Knitting 1-3pm		Breakfast Club 9:15		
Computer Class Session		Do you Knit or		
IV 4-5pm		Crochet? 10-11am		
		Tai Chi 10:30am		
		Ping Pong 12-1pm		
		5 6 1		